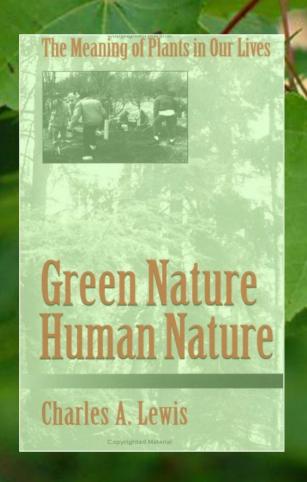
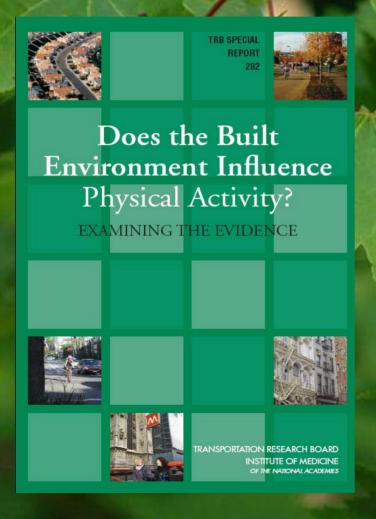




Green Nature



- Trees, other plants, parks, landscapes, habitats
- Urban focus
- Native and introduced; natural, designed, and feral
- also comes in blue, brown, orange... (but not gray)



- BRFSS- Behavioral Risk Factor Surveillance System
- NHIS- National Health Interview Survey
- NHANES- National Health and Nutrition Examination Survey
- YRBSS- Youth Risk Behavior Survey System
- NHTS- National Household Travel Survey

Work

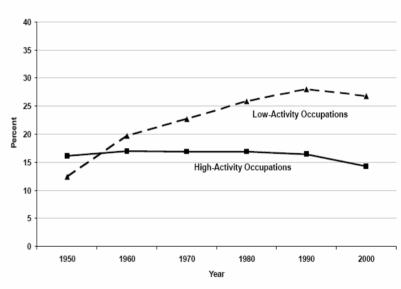


FIGURE 3-4 Occupations classified by activity level, percent of eligible labor force ≥ 16 years, 1950–2000.

SOURCE: Brownson and Boehmer 2004, Figure 8.

Home





Figure 16. Proportion of all U.S. Residents Living in Suburbs & Central Cities, United States, 1950-2000 (Source: US Census)

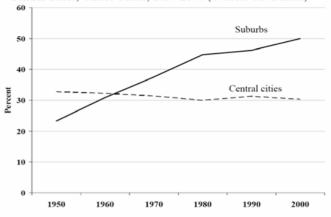
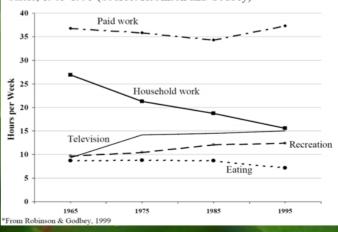


Figure 23. Time Use for Selected Activities Among Women, United States, 1965-1995 (Source: Robinson and Godbey)



Transportation



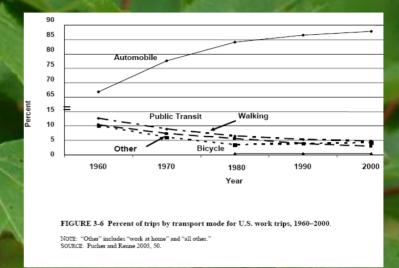
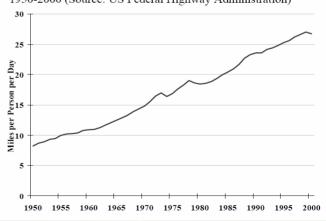


Figure 13. Daily Vehicle Miles Traveled per Person, United States, 1950-2000 (Source: US Federal Highway Administration)

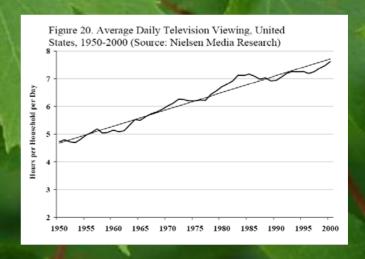


Leisure

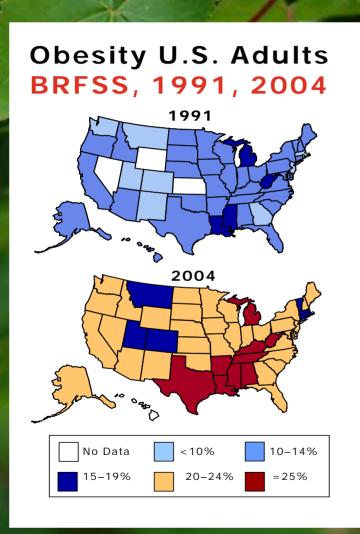


- Work-related activity: declining
- Home activity: declining
- Transportation activity: declining
- Leisure activity: slightly increasing
- TOTAL physical activity: declining





Consequences of Inactivity



- Increased obesity
- Increased chronic diseases (e.g. diabetes, heart disease, depression
- > 300,000 deaths annually
- > \$37 billion annual treatment costs

Demographic Variations



Figure 18. Adult Obesity Trends by Gender, United States, 1960-2000 (Source: National Center for Health Statistics)

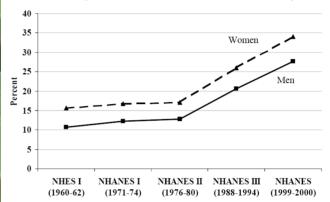
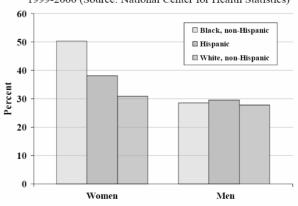
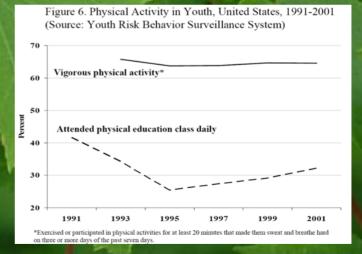


Figure 17. Adult Obesity by Gender and Race, United States, 1999-2000 (Source: National Center for Health Statistics)

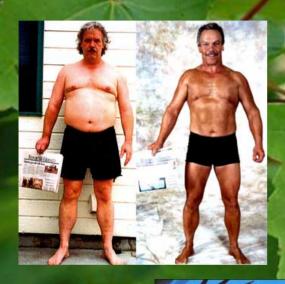


Youth Issues

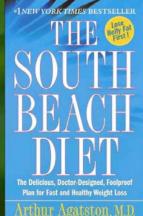




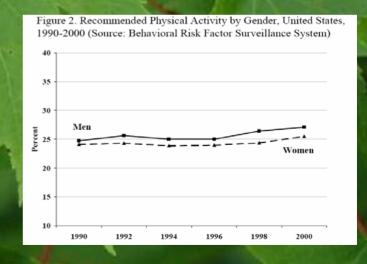
Physical Activity







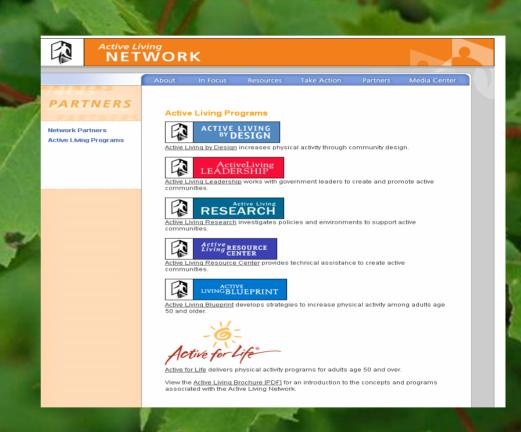
- CDC guidelines 30
 min. moderate activity
 5x per week
- adherence problem



Active Living



Understanding and Improving Health





Conceptual Model

Environment ———— Behavior ———— Outcomes/Benefits



Adapted from: Bedimo-Rung et al. 2005 The Significance of Parks to Physical Activity and Public Health: A Conceptual Model.

Physical Health Benefits



- Some epidemiological evidence
- PA and distraction theory
- Anecdotal evidence (fresh air, convenient, enjoyable, low cost)
- Counterarguments?

Psychological Health Benefits



Emotional and Restorative functions of "nearby nature":

- Mood change
- Stress/hypertension
- Cognitive functioning
- Aesthetic experience
- Spiritual values

Social Benefits





- Interpersonal relationships
 Social support networks
- Neighborhood empowerment





- Individual cost savings
- Increased property values

Environmental Benefits

Trees Matter!

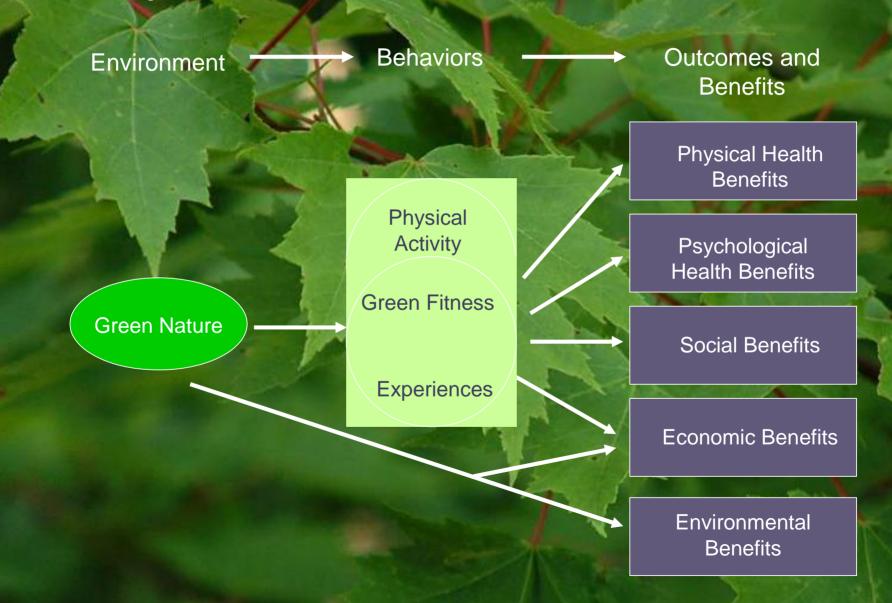
Bringing lasting benefits to people in towns



- Clean air
- Moderation of urban heat island



Expanded Model: "Green Fitness"





Beauty





- Green (and other colors of nature)
- Ephemeral beauty
- Built environment

Cleanness



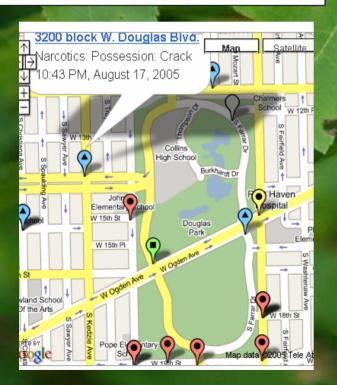
- Well maintained
- Environmental quality suited to use

Safety

Poor areas face hurdles to fitness

Unsafe streets, unhealthful food make it tough for some Chicagoans to get in shape

By John Keilman Chicago Tribune staff reporter August 4, 2005



- Physical safety
- Feeling safe
- Feeling welcome



Diversity



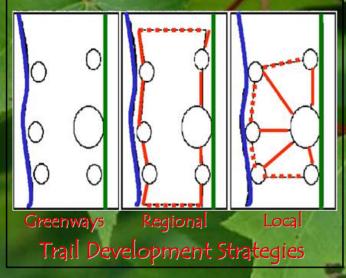
SWIM START

Chicago Triathion

accenture

- Types
- Sizes
- Seasonal
- Programming

Function





- Establish meaningful connections between origin and destination
- Time, place, seasonal dependent use

Complete Model

Green Nature

Beauty

Cleanness

Access

Safety

Diversity

Function

Physical Activity

Green Fitness

Experiences

Physical Health Benefits

Psychological Health Benefits

Social Benefits

Economic Benefits

Environmental Benefits